



PSA from the Aruba Conservation Foundation: How to behave when you see a "lora"



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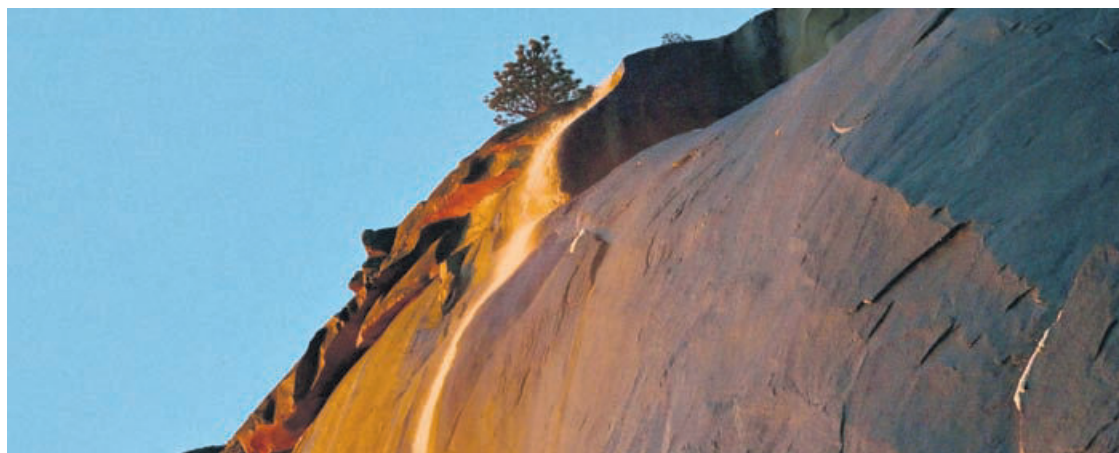
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Nature's Golden Hour: Yosemite's "Firefall" Returns to Captivate Thousands



Water flowing off Horsetail Fall glows orange while backlit from the setting sun during the "Firefall" phenomenon in Yosemite National Park, California on February 15, 2023.

YOSEMITE NATIONAL PARK – For a few fleeting minutes each evening this week, the granite face of El Capitan appeared to bleed molten lava. The seasonal phenomenon known as the "Firefall" a rare optical illusion at Horsetail Fall has returned to Yosemite National Park, drawing record crowds of photographers and nature enthusiasts to witness one of the most elusive spectacles in the American wilderness.

The event occurs when the setting sun hits the seasonal waterfall at just the right angle, illuminating the plummeting water in vibrant shades of orange, red, and gold. To the naked eye, it looks less like water and more like a river of fire cascading 1,500 feet down the rock wall.

"It's a game of celestial billiards," said Ranger Marcus Thorne, who has managed the viewing crowds for over a decade. "You need a perfect storm of conditions: enough snowmelt to feed the fall, a clear western horizon to let the sunlight through, and the precise tilt of the Earth in late February and early March. If one cloud drifts by at 5:15 PM, the show is over before it begins."

A legacy of light

While the natural Firefall is a modern viral sensation, the name carries historical weight in the park. From 1872 until 1968, hotel operators at Glacier Point would push glowing embers of red fir bark over the edge of the cliff to create a literal man-made firefall for tourists. The National Park Service eventually ended the practice, citing it as an artificial attraction inconsistent with the mission of preserving natural wonders.

It wasn't until 1973 that photographer Galen Rowell captured the first famous image of the natural phenomenon at Horsetail Fall, proving that nature's version was far more spectacular than anything humans could ignite.

Managing the "kodak crush"

In recent years, the Firefall's popularity has skyrocketed due to social media, leading to significant logistical challenges for park rangers. To protect the sensitive Merced River ecosystem and prevent gridlock on the narrow valley roads, the Park Service implemented a strict reservation system for the 2026 season.

"We've seen thousands of people trying to cram into a few designated viewing areas," Thorne explained. "Our goal is to ensure people see the light without trampling the very landscape they came to admire."

Despite the crowds, the atmosphere at the El Capitan picnic area remains hushed as sunset approaches. On Tuesday evening, as the shadows lengthened across the valley floor, the fall began to glow a pale yellow. Within minutes, the color deepened into a searing, neon orange. Gasps echoed through the pines, followed by the rapid-fire clicking of hundreds of camera shutters.

A symbol of preservation

Environmentalists point to the Firefall as a poignant reminder of the importance of climate stability. Because Horsetail Fall relies entirely on snowmelt, shorter winters and lower snowpacks threaten the phenomenon's frequency. □

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How a California community is saving senior dogs and the hearts of their owners

PACIFIC GROVE, CA — In a sun-drenched cottage just blocks from the Monterey Bay, 84-year-old Eleanor Vance sat on her sofa, her hand resting on the silver muzzle of Barnaby, a twelve-year-old Golden Retriever mix. For a decade, they had been a team. But as Eleanor's health began to decline, a shadow darker than her diagnosis loomed over her: What would happen to Barnaby when she could no longer care for him?

"He's my heartbeat," Eleanor said, her voice cracking. "The thought of him ending up in a cold shelter kennel at his age... it was more painful than the illness itself."

Eleanor's dilemma is one shared by millions of American seniors. However, thanks to a quiet revolution of kindness led by Peace of Mind Dog Rescue (POMDR), Eleanor and Barnaby found a different ending to their story. This March, the California-based nonprofit hit a historic milestone, having rescued and rehomed over 3,000 "unadoptable" senior dogs and provided permanent "peace of mind" to nearly as many elderly owners.

The Missing Link in Animal Welfare

Founded by Carie Broecker and Monica Rua, Peace of Mind Dog Rescue was born out of a heartbreaking realization. In the traditional rescue world, senior dogs are often the last to be adopted, and seniors facing health crises are often forced to surrender their best friends to municipal shelters where the outcome for older animals is grim.

"We saw a gap in the system that was causing immense suffering for both humans and animals," says Broecker. "When a senior goes into hospice or assisted living, they aren't just losing their home; they are losing their primary source of emotional support. We decided that no senior should have to go through that transition wondering if their dog is safe."

POMDR operates on a dual mission: they rescue senior dogs from shelters who have passed their "adoptable" prime, and they provide a "Perpetual Care" program for seniors who want to ensure their pets are cared for after they pass away or move into care facilities.

A Community Built on Compassion

The organization's success isn't just measured in numbers, but in the army of volunteers who make the mission possible. Currently, POMDR utilizes a network of over 1,000 volunteers across the Central Coast. These "Helping Hands" perform tasks that allow seniors to keep their pets longer-walking dogs for those with limited mobility, providing transportation to vet appointments, and even delivering dog food to those on fixed incomes.

For Barnaby and Eleanor, the intervention was life-changing. When Eleanor had to move into an assisted living facility that didn't allow large dogs, POMDR didn't just take Barnaby away. They matched him with a "foster-to-adopt" hero a retired veteran named Marcus who lived only ten minutes from Eleanor's new home.

Now, twice a week, Marcus brings Barnaby to the facility for visits. "I didn't just get a dog," Marcus said, watching Barnaby rest his head on Eleanor's lap in the facility's garden. "I got a new friend in Eleanor, too. We're a family now."

The "Senior for Senior" Success

One of the most inspirational aspects of the POMDR model is their "Senior for Senior" adoption program. The initiative encourages older adults to adopt older dogs, recognizing that the energy levels and life stages of both are often perfectly synced.

Medical experts have long touted the benefits of pet ownership for the elderly lowering blood pressure, reducing loneliness, and providing a sense of purpose. □



Monica Rua, Peace of Mind Dog Rescue co-founder, holds one of the dogs the organization rescued from Los Angeles shelters.

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The sky is no longer the limit: California's "nature canopies" transform windowless classrooms

SANTA ANA, CA — For the fifth-graders in Logan Earnest's classroom at Taft Elementary, the school day used to be a "beige" experience. Tucked into a wing of the building with no windows, the room offered no glimpse of the shifting California sun or the swaying branches of nearby trees. "Most of the day, they're inside," Earnest told reporters. "They don't really get to see any trees, they don't get to see grass, the blue sky". This lack of natural connection isn't just an aesthetic grievance; it is a documented drain on student mental health. Research shows that windowless environments can increase anxiety and shorten attention spans. However, a unique collaboration with landscape photographer and former school psychologist Ernesto Rodriguez is changing the view from the desk up.



Bringing the outside in Rodriguez's nonprofit, Nature in the Classroom, is installing high-resolution "tree canopies" directly onto the ceiling tiles of windowless rooms. These aren't simple posters; they are scientifically composed images

designed to mimic the "fractal patterns" found in real nature. "Kids who have views out windows to trees do better academically, emotionally, and creatively," Rodriguez explained, citing years of psychological training. "I

thought, why isn't this being used?". The impact has been immediate. According to a two-year pilot study, these overhead forests have a "settling effect" on students, with many reporting they feel happier and more curious about the environment.

The science of serenity

The innovation leans on Attention Restoration Theory, which suggests that looking at nature allows the brain to recover from the "directed attention" required for tasks like math or reading. Biophilic design experts note that even simulated nature can trigger physiological benefits: Reduced Stress: Exposure to nature imagery can lower cortisol levels and heart rates. Improved Focus: After "nature breaks," students have been shown to stay engaged for nearly

twice as long without needing redirection. Better Attendance: Schools using natural lighting and imagery report lower absenteeism.

Beyond the classroom

While the project started in schools, the technology is already blooming elsewhere. Similar "virtual skylights" and LED ceilings from companies like Artificial Sky are being used in hospitals to reduce patient anxiety by up to 35%. In some pediatric wards, children are even invited to personalize their own ceiling tiles to gain a sense of control over their environment. For the students at Taft Elementary, the change is simpler but no less profound. "It makes me feel like I'm outside," said one student, gazing up at a lush canopy of oak leaves that now "grows" above his desk. □

Uber rolls out new "women rider preference" feature across U.S.

SAN FRANCISCO — In a significant shift for the gig economy, Uber officially launched its "Women Rider Preference" feature nationwide this week, al-

lowing women and non-binary drivers to prioritize requests from women riders. The feature, which has undergone successful pilot testing in several inter-

national markets, aims to bolster safety and increase the number of women participating in the rideshare workforce. Company data suggests that safety concerns and comfort levels have historically been primary barriers preventing women from signing up as drivers, particularly during late-night hours.

"We believe this is a massive step toward making the platform more inclusive," said an Uber spokesperson during the launch event. "By giving our drivers more control over who they pick up, we are fostering an environment where everyone feels more secure behind the wheel

and in the backseat."

How it works

The feature is accessible via the driver app settings. Once activated, the algorithm prioritizes matching the driver with riders who identify as women. If no female riders are nearby, the app will still offer standard trips to ensure earnings remain steady. Riders are not charged extra for the preference, and the company has clarified that the feature is designed to complement, not replace, existing safety protocols like GPS tracking and the in-app emergency button.

Community reaction

Early feedback from the

driver community has been overwhelmingly positive. "There were certain neighborhoods and times of night I simply avoided," says Sarah Jenkins, a driver in Chicago. "Having this option makes me feel like I can work longer hours without looking over my shoulder. It's about peace of mind." Advocacy groups for women in tech have praised the move, noting that while technology cannot solve all safety issues, providing users with more agency is a critical move in the right direction. The rollout is expected to be fully functional in all major U.S. hubs by the end of the month. □



A Lyft decal is seen on a car in the pick-up area at JFK Airport on April 28, 2023 in New York City. Lyft, the ride-hailing app, confirmed that it will be laying off 1,072 employees, which equals to roughly 26% of its corporate workforce.

'Perfect Japan' posts spark Gen Z social media backlash

Tokyo, Japan

Take an everyday video on any suburban transport network, add anime-style music and a rosy filter, and it's suddenly a scene from the Japanese holiday of your dreams.

That's the "Japan effect": a Gen Z social media trend satirising the often-romanticised image of the Asian country, which welcomed a record number of visitors last year.

Residents of Kyoto and other tourist hotspots have expressed exasperation with selfie-taking crowds, and now an online backlash against Japan fever is growing.

The short video posts on platforms like TikTok show how even just the words "Tokyo, Japan" with a cherry blossom emoji can make an otherwise banal street scene more appealing for some users.

"The point is to make fun of Japan's 'cute' image online, with all its clichés and stereotypes," 25-year-old French YouTuber Rocky Louzembé, who analyses internet culture, told AFP.

Along with the chronically weak yen, the booming popularity of anime and game franchises such as Pokémon is drawing tourists to the nation.

But some people take their love of Japan too far, said



People take photographs with Mount Fuji at Lake Yamanakako in Yamanakako, Yamanashi prefecture on December 5, 2025.

Louzembé, who goes by the handle rockylevrai.

To describe the phenomenon, he used the slang word "glazing" -- to excessively praise something.

A "Japan glazer" is "someone who puts everything that comes from Japan on a pedestal, while disparaging things that come from their own country", Louzembé said.

- 'Not that clean' -

Japan logged a record 42.7 million tourist arrivals in 2025, despite a steep fall in Chinese visitors in Decem-

ber due to a diplomatic row.

Many visitors post online about their trip making pilgrimages to real-life locations from cartoons or joking about spending \$1,000 on flights just so they can eat a \$1 convenience store rice ball.

"The 'Japan' portrayed in an anime world is often quite different from how Japanese society is", said Marika Sato, a 29-year-old who works in marketing in Tokyo.

For instance, many women have experienced grop-

ing, said Sato, a contributor to "Blossom The Project", an Instagram account focused on Japanese social issues.

Graphic designer and fellow Blossom contributor Maya Kubota, 28, said that she appreciates people liking Japan and wanting to visit.

But over-the-top comments such as "Japanese people are next level" give her an "icky vibe", Kubota told AFP.

Some of the online Gen Z pushback focuses on the exaggerated idea that Ja-

pan's streets are so spotless people don't even have to wear shoes.

"Japan is clean but not THAT clean," joked a US couple who post social media content about the country under the name The Hitobito showing off their dirty white socks after a real-life experiment.

- Viral effect -

Japan's tourist boom has forced some authorities to take action.

A cherry blossom festival boasting a highly Instagrammable view of Mount Fuji was cancelled this year after residents complained of overtourism.

"People associate Japan with carefully composed visuals," said Seio Nakajima, a professor in the Graduate School of Asia-Pacific Studies at Waseda University.

That could be because of the detailed, beautiful backgrounds in anime, or because of a deeper "cultural tradition of emphasising form".

"If people focus on form rather than meaning, it becomes easier to go viral. Because you don't need to think," Nakajima told AFP.

Japan's formalities from the complexity of polite language to extreme attention to detail in packaging or wrapping may surprise visitors, he said. □

600-year-old pinot noir grape found in medieval French toilet

Paris, France

A 600-year-old grape seed discovered in the toilets of a medieval French hospital is genetically identical to the grapes still being used to make pinot noir wine, scientists said Tuesday.

The seed reveals that people in France have been cultivating this immensely popular variety of grape since at least the 1400s, the scientists said in a new study.

It is not possible to say whether the fruit was "eaten like table grapes or whether people made wine from it at the time", study co-author Laurent Bouby told AFP.

But the research provides

a link between modern France one of the world's largest wine-producing and consuming countries and its distant wine-loving past.

Another study co-author, Ludovic Orlando, pointed out that the Hundred Years' War between England and France finally wrapped up in the mid-1400s.

And the brief life of France's patron saint, Joan of Arc, was also in the 15th century.

"She could have eaten the same grapes as us," the paleogeneticist at the University of Toulouse told AFP. The seed was found in a toilet in a 15th-century

hospital in Valenciennes in northern France. At the time, toilets were sometimes used as rubbish bins, the researchers explained. The study, which was published in the journal Nature Communications, involved sequencing the genome of 54 grape seeds dating from the Bronze Age from around 2,300 BC to the Middle Ages.

It confirms that generations of winegrowers had been using what are today called "clonal propagation" techniques, such as preserving cuttings of particular grape varieties for 600 years, the researchers said. Ancient texts had offered indications this was happening, "but outside

of paleogenomics, it is very difficult to characterise this technique", said Bouby of the Institute of Evolutionary Science of Montpellier.

But the new research found evidence this technique was being used in many areas as far back as the Iron Age, around 625-500 BC. □



A worker of Domaine Sermier holds a batch of grapes as part of a pinot noir grape harvest for Cremant (sparkling wine) at a vineyard, in Bréry, in the eastern French Jura wine region on September 10, 2024.

India's historic haveli homes caught between revival and ruin

New Delhi, India

Once the grand residences of Mughal-era nobility, the Indian capital's haveli homes now stand at a fragile crossroads: a handful lovingly restored but many more sliding quietly into ruin.

Across Old Delhi, the 17th-century walled city founded as the Mughal capital Shahjahanabad, cracked facades, shuttered gateways and sagging balconies tell the story of a heritage under siege from neglect, inheritance battles and relentless urban pressure.

Only a few restored pockets provide a glimpse of what once was: airy courtyards, carved sandstone pillars and homes built around a deeply social way of life.

Inside one restored mansion that now houses a cultural centre, sunlight filters through stained glass onto carved sandstone arches, the air infused with freshly polished wood and rose-water.

Musicians tune their instruments in a frescoed courtyard, where nobles may once have entertained guests, offering a rare peek into Old Delhi's rich archi-



This photograph taken on March 17, 2026 shows a woman walking past Kathika, a 19th-century haveli-turned-cultural centre and museum in the old quarters of Delhi.

tectural past.

But outside in the narrow lanes of Old Delhi's Chandni Chowk district, the contrast is stark.

Many havelis are abandoned or on the verge of collapsing, their carved facades fading beneath peeling paint.

The contrast reflects two futures: one of careful restoration and the other of gradual decay.

- 'Who will pay?' -

The Kathika Cultural Centre's founder Atul Khanna said his initiative hoped to create an immersive cultural space inside a restored structure.

But he admitted that conservation in Old Delhi remains a huge challenge. Many havelis are split among multiple heirs, with no single stakeholder willing or able to invest in costly upkeep.

"When there are multiple ownerships, that becomes a challenge," he said.

"If the haveli is decaying, who is going to spend the money?"

Khanna also blamed bureaucratic hurdles for discouraging restoration.

"There should be some kind of a single window for anyone who is working with heritage," he said, arguing that easing red tape would be more effective than of-

fering subsidies for restoration.

Another prominent restoration is the 18th century Haveli Dharampura, now converted into a heritage hotel.

"Restoration in Old Delhi is still isolated unless there is sustained support and awareness," said Vidyun Goel, whose family owns the property.

Residents say family disputes and the push to convert properties into shops or apartments have led to rapid decline.

In nearby Roshanpura, only a scattering of old homes still stand. Among them, the century-old Mathur ki Haveli is a rare example of a lived-in heritage home.

- Showpiece projects -

"We are in love with this house," said Ashok Mathur, a fourth-generation resident who continues to live in the ancestral property despite mounting challenges.

Wooden ceilings are deteriorating, floors are wearing thin and doors require constant repair, he said, walking through rooms that bear only traces of intricate craftsmanship. □

Czech 'arks' help preserve Ukraine's cultural heritage

Prague, Czech Republic

The National Museum in Prague on Tuesday unveiled a van containing a 3D scanning device that will soon travel to war-ravaged Ukraine to help preserve its cultural artifacts. The Archa (Ark) III is a Volkswagen van comprising a studio equipped with a robot and three cameras to create precise models of endangered historic items in Ukraine, which has been battling a full-scale Russian invasion since 2022.

"Archa III is a unique mobile digitisation device enabling us to create high-quality 3D images of endangered artifacts and collection items out in the field," National Museum director Michal Lukes told reporters.

He added the scanners could handle both tiny objects and more sizeable

items even inside museums.

"In this way, we can create precise digital copies of items that can then serve for documentation and research purposes, but also for restoration, potential reconstruction, or the production of copies," he

added.

Museum staff will drive the van to Kyiv in early April and hand it over to Ukrainian partners under the project carried out in cooperation with the foundation of Czech billionaire Karel Komarek.

It follows an Archa I con-

tainer equipped to conserve and restore books and an Archa II van digitising two-dimensional items, which Prague sent to Ukraine earlier.

The foundation, which worked on the first two "Arks" with other institutions, said they have so far handled almost 40,000 pages of documents, such as historic newspapers retrieved from the Regional Scientific Library in Kherson. "The van comprises an autonomous robotic system designed for photogrammetry and 3D output," said the museum's IT director Martin Soucek.

Speed is crucial, and the robot moving along three axes can generate thousands of high-quality photographs within minutes. "It then uses the photographs to create a hyper-

realistic model with high detail, a so-called digital twin," Soucek added.

The project also involves expert training and a website on which the scanned artifacts will be exhibited.

Vitalii Usatyi, the charge d'affaires at the Ukrainian embassy in Prague, hailed the van for being able to work across Ukraine, "including regions exposed to risks related to the Russian aggression".

"This is crucial for preserving cultural heritage," he added.

A recent UNESCO report said that 523 cultural sites had been verified as damaged as of March 11, including 153 religious sites, 273 buildings of historical or artistic interest, 39 museums, 33 monuments, 20 libraries, four archaeological sites and one archive. □



Photo taken in Prague's National Museum shows a 3D scanning of a Ukrainian artifact in The Archa III (Ark Project) truck on March 24, 2026 in Prague, Czech Republic.

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Mispel



This is a fruit with a character (5-10 cm/2-4 inches). It does not ripe until it is picked or falls off the tree. Mispel is hard with a sandpaper like texture when immature, soft and juicy when ripe. It's technically a berry, but contains a skin similar to that of a kiwi. It's grainy and sweet, with a light, musky flavor. The sap or gum from the tree is also a source of 'chicle' the original ingredient used to make chewing gum. Rich in tannins, antioxidants shown to contain anti-inflammatory compounds, and vitamin C, essential for healthy immune function. Season: year-round.

Kenepa

Ovoid green fruit that grows in bunches on trees up to 30m high. The fruit is related to the lychee and have tight, thin but rigid skins. Inside the skin is the tart, tangy, or sweet pulp of the fruit covering a large seed. The pulp is usually cream or orange colored. Kenepa strengthens the immune system, and prevents the reproduction of bacteria and viruses in the body. This fruit is highly recommended to treat lung infections and urinary tract infections. It also helps to cure insomnia and rejuvenates the nervous system. Season: the fruit typically ripen during the summer.



Druif

There is no chance you did not bump into one of the sea grape trees while spending your vacation on Aruba. The sea grape plant is often used in ocean-side landscaping in sandy soil right on the beach and it produces clusters of fruit that resemble grapes. Are sea grapes edible? Yes, they are. Animals enjoy sea grapes and humans can eat them as well, and they are used to make jam. They contain very low calories and sugar, enabling good bacterium to digest food and excrete waste quickly which is effective in preventing constipation. Season: Sep-Oct.

Shimarucu



Maybe Aruba's most popular wild fruit tree. You may have noticed cars at the side of the road and people picking those red berries. Well, that's Shimarucu. The local habit to stop for these delicious fruits goes from generation to generation. Its fruit's degree of sour depends on the amount of rain it gets. Red Shimarucus tend to taste better than orange. The fruit has super power: a true vitamin bomb. Adults only need to eat 3-4 of these berries to meet their daily recommended amount of Vitamin C. Season: Rainy months (Oct-Jan).

Tamarind

A delicious, sweet fruit that has a wide variety of uses and applications, both for medicinal and culinary purposes. It is a medium-sized bushy tree with evergreen leaves and fruit that develops in pods characterized by long, brown shells. Inside is a sticky, fleshy, juicy pulp, which is the Tamarind fruit. Both sweet and sour in taste, the fruit contains a significant level of vitamin C, as well as vitamin E, B vitamins, calcium, iron, phosphorous, potassium, manganese, and dietary fiber. There are also a number of organic compounds that make tamarind a powerful antioxidant and anti-inflammatory agent. Season: March.

When it comes to veggies the island certainly offers a home-grown selection. They taste delicious and have their specific talents to boost your immune system.

Concomber chiquito



This is a sort of local squash, but looks like a cucumber with prickly skin. The taste however is bitterer than the cucumber and the vegetable is smaller in size but bigger in width. Inside is a soft, fleshy pulp and seeds, just like the cucumber. Concomber chiquito is grown in the island and used in salads and 'stoba' (stew) or on its own in vinegar. The veggie contains multiple B vitamins, including vitamin B1, vitamin B5, and vitamin B7 (biotin). B vitamins are known to help ease feelings of anxiety and buffer some of the damaging effects of stress. Additionally this veggie is rich in two of the most basic elements

needed for healthy digestion: water and fiber. Season: year-round.

Yambo

Family of Okra, also known as 'lady's fingers': a green flowering plant. Okra belongs to the same plant family as hibiscus and cotton. A classic favorite dish in Aruba is Sopi di yambo. It has long been favored as a food for the health-conscious. It contains potassium, vitamin B, vitamin C, folic acid, and calcium. It's low in calories and has a high dietary fiber content. Recently, a new benefit of including okra in your diet is being considered. Okra has been suggested to help manage blood sugar in cases of type 1, type 2, and gestational diabetes. Season: year-round.

Bonch'i Cunucu

A long, small bean, boiled for a side dish or snack. Long beans have a chewy, crunchy texture—more so than snap beans—and a flavor reminiscent of the dry navy bean or asparagus. Besides stir-fry, soups and salads, the long bean is a good choice for stewing, braising (to remain chewy and firm), sautéing, shallow frying, and deep frying. With cooking, the long bean's bean flavor intensifies. Long beans are low in calories, about 45 calories per cup, and rich in vitamin A and also contain vitamin C and potassium. Season: year-round.

Pampuna

In the endless summer of Caribbean living we only have to concern ourselves with a wet season and a dry season. Still we do indulge heavily in the pleasures of pumpkin and enjoy Caribbean pumpkin recipes year round. A popular dish in Aruba is Sopi di Pampuna, don't miss it. This dish is made of pumpkin soup, and parsley. Pumpkins are rich in flavonoid polyphenolic antioxidants such as xanthin, lutein and carotenes and also contain vitamins. Pumpkin seeds are a good source of omega-3 fatty acids, vitamins, minerals and proteins. Pumpkins are used to make desserts, breads and soups. □



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Conchi: Aruba's hidden natural pool

(Oranjestad)—Amongst the countless beaches surrounding the island that are well-known and frequently visited, there is an additional "hidden" natural pools that is situated in the northern coast of the island, two ideal stops in your tour itinerary. This is Conchi.

Conchi (Natural Pool)

For many years, Conchi was the only natural pool that we had on the island. Located in the Arikok National Park, near Boca Keto and the Daimari Ranch,

Conchi—also known "Cura di Turtuga (Turtle's Cove) or just Natural Pool—is reachable with any 4x4 vehicle or by foot if you're up for a long hike. However, since it is part of the National Park, you must first get permission from park management to enter. You would have to purchase a day pass, and receive a wristband as proof of payment. Once you've completed that, you are set!

If you decide to hike from the entrance of the Arikok

National Park, this is also possible: do bring plenty of protective clothing and enough water and food—it could take you up to three hours to hike there!

However, when you eventually do get there, you will be greeted with crystal blue water surrounded by a natural rock formation that protects you from the wild waves on the other side. Though the pool is located on the northern side of the island (where the sea is largely rough and largely



no suitable for swimming), the pool itself is very calm. It's also relatively deep, and you can climb up the rocks and jump in!

Fun fact: "Conchi" means small bowl in Papiamentu. Once you get there, you may see why we call it that. □

Create museum memories with the entire family!

Museums are an integral part of conserving and honoring cultures, and Aruba is no exception. Our Island has a wide selection of various museums for our locals and visitors to see. Take this opportunity to learn about our island and experience a different day beyond the beach. Let us introduce to you to these locations.

Museum of Industry Aruba
The Museum of Industry is located in San Nicolas. This museum presents the history



of gold, aloe, phosphate, oil and tourism through elaborated displays and multimedia installations.

The Museum of Industry is situated in the Water Tower and narrates Aruba's industrial history which began in the 19th century. The Water Tower was built in 1939 and consists of three sections: the substructure, the high-rising vertical shaft, and the tank at the top. The Water Tower was purchased by the Monuments fund in 2003 so it could be restored and preserved as one of Aruba's monuments. The Museum of Industry is part of Aruban Museum Foundation (FMA), which is a foundation that maintains, preserves, and protects the Aruban cultural sector, history, and nature. The museum of Industry is open daily from 9 am till 6 pm.

For more information check out their Facebook page:

Museum of Industry Aruba.

Archaeological Museum of Aruba

The Archaeological Museum of Aruba is located at Schelpstraat 42 in downtown Oranjestad. The renovated historic Ecury complex in downtown Oranjestad has been transformed from a family home to a modern museum that preserves Aruba's Amerindian cultural heritage. This 21st century museum is especially designed to preserve valuable artifacts dating back to the Pre-Ceramic period of 2500 BC.

In the late 1980's AMA identified its need for an adequate housing for its collection and activities. After studying various options, a project proposal was drawn up, including the acquisition and restoration of historical buildings in downtown Oranjestad.

These historical buildings were formerly the property of the Ecury family. The "Ecury Complex", is a cluster of single and two-story historic buildings, mainly Dutch colonial architecture from the late 19th and 20th century on a plot of approximately 1,700 m2.

In 1997 the Aruban Government bought the complex for the National Archaeological Museum project. In 2004 a financial agreement was signed with the European Development Fund and in 2006 restoration and construction work began on the monumental buildings and the new to build exhibition space. In December 2007 the key to the complex was delivered and the museum's employees moved to the new location. The final design for the exhibit was completed in November 2007 and the permanent exhibit, financed by the Aruban Government and

the Union of Cultural Organizations (UNOCA), opened in July 2009.

At the new location the National Archaeological Museum Aruba uses approximately 500 m2 for its permanent exhibit. This exhibit showcases archaeological objects and conveys modern exhibition techniques information on the origin and culture of the first inhabitants of the island. The new permanent exhibit gives the visitor an insight into the cultures that inhabited the island in Pre-Historical and Early Historical times. The museum regularly hosts public seminars, special exhibitions and workshop for visitors to enjoy.

The museum is open daily from 9 am till 5 pm.

For more information check out the Facebook page National Archaeological Museum Aruba or website: www.manaruba.org □



Article by Etnia Nativa

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Episode CCCXLV (345)

Ruins and Memory

In this new episode, Etnia Nativa reveals that beyond white beaches the land sustains a people's identity.

On the rugged northern coast of Aruba, where waves crash relentlessly against shores, the weathered remains of the Bushiribana Gold Mill Ruins stand as more than a tourist attraction. They are a powerful reminder that ruins are not merely fragments of stone—they are the living imprint of a people's memory.

Across civilizations, ruins have always marked the places where human stories unfolded. They bear silent witness to struggle, ingenuity, belief, and survival. To walk among them is to step into a dialogue between past and present, where identity is not abstract but rooted in land, experience, and continuity. In Aruba, this connection is especially tangible. The land itself tells stories—of wind, salt, and endurance, but also of discovery and ambition. Every worn wall and crumbling structure reflects a chapter in the island's cultural narrative.

The Bushiribana Foundry, built in the early 19th century, once processed gold extracted from nearby hills, operating for only about a decade. Yet despite its short lifespan, its physical presence endures, solid and imposing against time. Its story begins with chance.

Around 1824, a young shepherd tending his flock in the rocky northern region stumbled upon an unusual stone in an area known as Rooi Fluit. Unaware of its value, he brought it to his father, who later showed it to a merchant in Oranjestad. The stone was purchased for a modest sum and resold at a profit—an early signal of what would soon become a gold rush. News spread quickly, drawing locals to search the dry streambeds of Rooi Daimari and beyond, hoping to uncover similar fortune. Though the gold industry on the island proved short-lived, its impact remains embedded in Aruba's cultural landscape. (For the full history, see Episode 173 of Island Insight by Etnia Nativa, titled 'Gold in Aruba's Soil'.)

The ruins of Bushiribana are a physical echo of that brief but transformative era. They remind visitors and residents alike that identity is shaped not only by long histories, but also by fleeting moments that leave lasting marks.

But the meaning of such ruins extends beyond local history. When a people lose their connection to land, they risk losing more than geography—they risk severing ties to memory itself. Without these physical anchors, traditions may fade, stories may be forgotten, and cultural identity can weaken over time.

And yet, ruins resist this erasure. Even in decay, they speak. They assert that life once thrived there, that culture existed, and that people shaped the land in ways that still matter. Preserving them is not just about safeguarding heritage; it is about affirming dignity and continuity.

In today's globalized world, where cultural distinctions can blur, sites like Bushiribana gain renewed importance. They stand as anchor points in a rapidly shifting landscape, urging reflection: What do we choose to preserve? What stories do we carry forward?

The answer may lie in the quiet strength of these stones. Ruins are not simply remnants of what was—they are lessons, warnings, and guides. They remind us that without land, identity loses its grounding, and without culture, it risks losing its essence.

Here, on Aruba's northern coast, the Bushiribana ruins continue to endure—holding not just the memory of gold, but the memory of a people. □

Before You Leave Aruba... Discover Its Soul

Step inside Etnia Nativa and journey beyond the beaches into the living heart of the island. Here, the ancient wisdom of Aruba's first people still breathes through stories, sacred plants, star navigation, and traditions shaped by centuries of harmony with nature—long before the resorts and modern world arrived. In just one unforgettable hour, you will encounter the knowledge, resilience, and spiritual connection that forged Aruba's true identity.

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Don't just visit Aruba—understand it.
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Aruban legends: Frenchman's Pass

(Oranjestad)—If you ever plan on taking a group tour of the island, you may pass through the Frenchman's Pass in Balashi. The Frenchman's pass (known to locals as "Franse Pas") remains a mysterious—and spooky—road of which its legend is told from generation to generation.

The history of the Frenchman's pass—and how it got its name—dates back to the colonization era, when the French tried to colonize the island, but were met with an angry mob of indigenous settlers, refusing to give up their land. However, as the French were heavily equipped with fire arms, the indigenous settlers began to retreat, and hid away in nearby caves. The French colonizers tried to smoke them out of the caves, but the indigenous settlers ended up inhaling too much smoke and most died in those caves. From then on, this passage was known as Frenchman's Pass, and there have been many accounts of spirits



roaming the area of Spanish Lagoon.

There are many ghost stories surrounding this area, but one of the most famous one involves a lonely hitchhiker, trying to find a ride back home in the dark rainy night.

Sometime after trying to hitch a ride home, the man saw a car approaching, appearing almost ghost-like in the rain. However, since he needed a ride real bad, he didn't think twice and jumped in. But to his horror, he noticed that there was no driver in the front. Paralyzed with fear, he

didn't dare to get out, and the car started to move.

When approaching a sharp turn, the hitch hiker braced for impact, but just when he thought the car might drive straight off the road and crash, he saw a hand appear out the window and turn the wheel. For the next

few turns, the hand appeared again. After having had enough, the man decided to jump out and he ran to Santa Cruz.

Arriving at a nearby bar, he ordered a drink and began to tell everyone about his experience. Everyone grew quiet, because they realized he wasn't some drunk messing around; he was telling the truth.

Sometime later, two men walked into the bar and one of them noticed the hitchhiker. He called out to his buddy and said: "Look, there's the idiot who sat in our car when we were pushing it!"

French man's pass is one of the few sites on the island that keeps the locals on their toes. While most ghost stories may not have real grounds—or some may even be a set up story for a joke, this pass holds a lot of value to our culture of folkloric story-telling. □

Source: visitaruba.com

PSA from the Aruba Conservation Foundation: How to behave when you see a "lora"

(Oranjestad)—The conservation of the Yellow-Shouldered Amazon, also known as the 'Lora,' relies on how we act as humans. We've seen many hikers who've encountered the 'Lora' in our protected nature areas and we can certainly imagine the pride and joy it brings to any Aruban. However, not everyone may know how to

behave when encountering these clever and social birds. This guide is here to explain the behaviors that will most effectively help us in our efforts to conserve the 'Lora.' Please, don't just read but also follow these guidelines so we can ensure the survival of these birds for future generations.

No interfering, please
Please refrain from interfering with the "Lora". The Lora is a highly intelligent and social animal, perhaps slightly too friendly because they have gotten used to the rangers as they prepared for their reintroduction.

However, it is our

collective responsibility to help them adapt to the wild once again. Please play your part by not interfering (calling, provoking etc.) with the Lora. Simply enjoy their beauty from a safe distance.

Be respectful and keep cats and dogs away

Pets and strays such as cats and dogs are prone to attacking other animals, especially birds, as part of their natural instincts. Please make sure your pets are kept inside of your yard or are kept on a leash when going out for a walk.

Do not feed them food or water

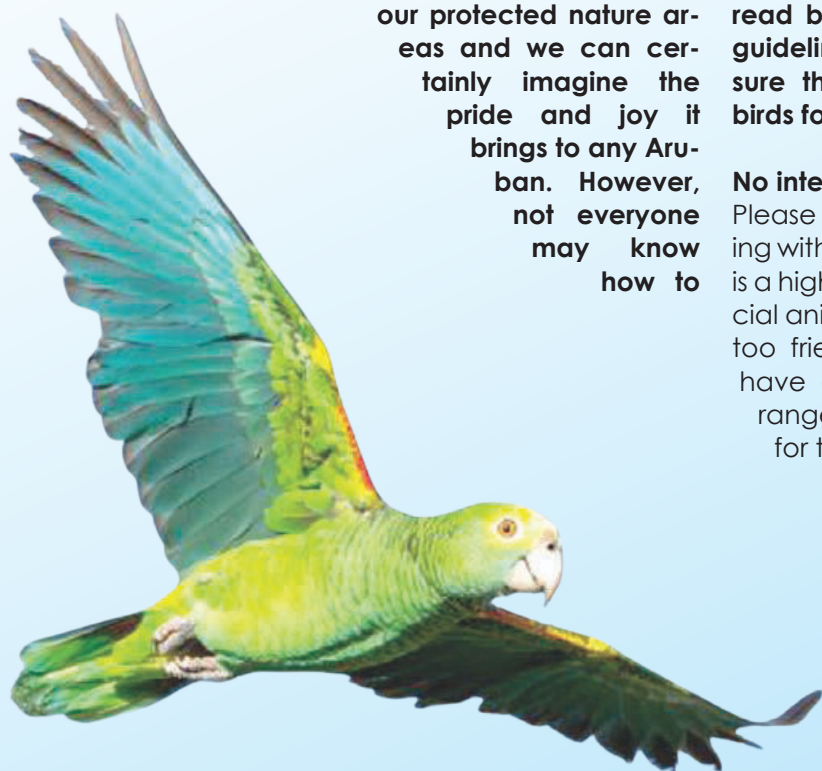
You may think that giving the any food or water is doing a good deed, but it actually does not contribute to them developing survival skills in the wild. By interfering with the survival instincts of wild animals, we

are doing the opposite of helping. Therefore, please do not attempt to give the Loras food or water.

Capturing a Lora is against the law!

The biggest threat to the Lora before their extinction in 1947 was caused by human activities including poaching and killing of the Lora. Let's work collectively to prevent this from happening again. So when you see the Lora, enjoy their beauty from a distance and admire them as they flourish in the wild. □

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CROSSWORD

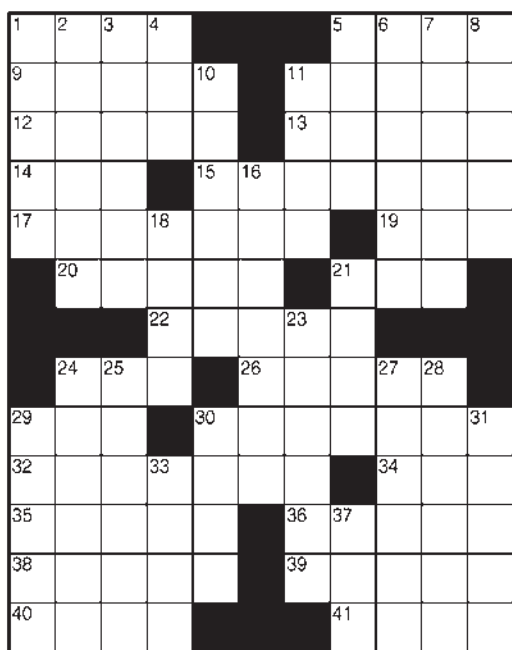
By THOMAS JOSEPH

ACROSS

- 36 Wipe away
1 Mass unit
5 NYC cultural attraction
9 Dance party attendee
11 Lock setting
12 "Skyfall" singer
13 Houston player
14 Polite address
15 Fire
17 Quarter-backs, at times
19 Homer's bartending pal
20 Inclines
21 Kingsley or Affleck
22 Canyon of comics
24 Sit-up targets
26 Comfy spots
29 Hotel amenity
30 City north of Newark
32 Whole heaps
34 Sea, to Simone
35 Massage targets

DOWN

- 1 Under-stand
2 Tire type
3 Reluctant
4 Singer
5 Church event
6 Punctual
7 Strand
8 Without aid
10 Advice to sinners
11 One of the Mamas and the Papas
16 Weapons store
18 Pert talk
21 Harry's wife
23 Boat
24 Cochise's people
25 Big parties
27 Tex-Mex treat
28 Midday break
29 Twitch or gnat
30 Mosquito
31 Wave's top
33 Takes in
37 Crater part



4-5

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

4-5 CRYPTOQUOTE

C BGIJ UWPPGIJV KJLWYPJ TGV

QJ CN CP W LVZ WHWCXPN

CXRCTTJVJXLJ, W LVZ TGV

LGQUWPPCGX. — JBCJ ECJPJB

Cryptoquote: WHAT YOU SEE BEFORE YOU, MY FRIEND, IS THE RESULT OF A LIFETIME OF CHOCOLATE. — KATHARINE HEPBURN

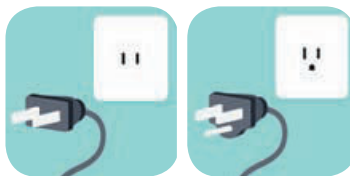


Cruise ship Schedule: March 23 - 31 2026

			ARR	DEPT	BERTH	
MON	23	MARELLA DISCOVERY 2	08.00	20.00	C	1
TUE	24	NORWEGIAN SKY	13.30	22.30	C	1
		OASIS OF THE SEAS	08.00	23.00	I	1
WED	25	SERENADE OF THE SEAS	08.00	23.00	B	1
		CARNIVAL VISTA	13.00	23.00	C	1
FRI	27	REGAL PRINCESS	09.00	22.00	C	1
MON	30	EXPLORA II	09.00	18.00	C	1
TUE	31	CARNIVAL HORIZON	08.00	22.00	B	1
		AIDABLU	11.30	22.00	C	1
		NORWEGIAN SKY	13.30	22.30	I	1
		FREEWINDS	09.30	****	E	1

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic but important information that we think may come in handy to Aruba's visitors.



Electrical power

Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of outlets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.



Drinking water

The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.



Safety

Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occur, so keep yourself and your belongings safe.

SUDOKU

To play sudoku, use logic to fill the empty squares so that each row, each column and each 3x3 box contains the numbers 1-9 only once. Puzzle difficulty increases from Monday to Sunday.

King Classic Sudoku



Difficulty: ★★★

3/25

Answer to previous puzzle

6	7	8	2	5	4	3	9	1
3	5	4	1	9	8	6	7	2
1	9	2	7	6	3	4	5	8
7	8	9	4	3	2	1	6	5
2	1	3	5	7	6	9	8	4
4	6	5	8	1	9	2	3	7
9	2	7	6	4	5	8	1	3
8	3	1	9	2	7	5	4	6
5	4	6	3	8	1	7	2	9

Difficulty: ★★

3/24

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NASA to build \$20 billion moon base, pause orbital lunar station plans



NASA's Artemis II Space Launch System (SLS) rocket and Orion spacecraft are seen at sunrise at Launch Pad 39B at the Kennedy Space Center in Cape Canaveral, Florida on March 24, 2026.

Washington, United States

NASA's chief on Tuesday said the U.S. space agency will invest \$20 billion to develop a base on the Moon, while suspending its plans to create the lunar orbital space station known as Gateway. "The agency intends to pause Gateway in its current form and shift focus to infrastructure that enables sustained surface operations," Jared Isaacman said in a statement given during a day-long event at NASA headquarters in Washington. "Despite challenges with some existing hardware, the agency will repurpose applicable equipment and leverage international partner commitments to support these objectives," he said. It's the latest shake-up at NASA in the wake of changes to the Artemis program, which aims to send Ameri-

cans back to the Moon and establish a long-term presence there, paving the way for eventual missions to Mars.

The Gateway orbital lunar station was meant to serve both as a point of transfer for astronauts headed to the Moon as well as a platform for research.

The suspension of the initiative isn't entirely surprising: some had criticized it as financially wasteful or a distraction from other lunar ambitions.

Putting it on hold will allow for the redirection of efforts and resources towards the construction of the base near the strategic south lunar pole, Isaacman explained, which was already a goal.

Isaacman said NASA now plans to spend \$20 billion over the next seven years

to construct the base over dozens of missions, "working together with commercial and international partners towards a deliberate and achievable plan."

"There will be an evolutionary path to building humanity's first permanent surface outpost beyond Earth, and we will take the world along with us."

The European Space Agency among other international organizations were partners on the planned Gateway project. Queried by AFP, the ESA said that it is "currently holding close consultations with its member states, international partners and European industry to assess the implications of this announcement."

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Alcoholics Anonymous
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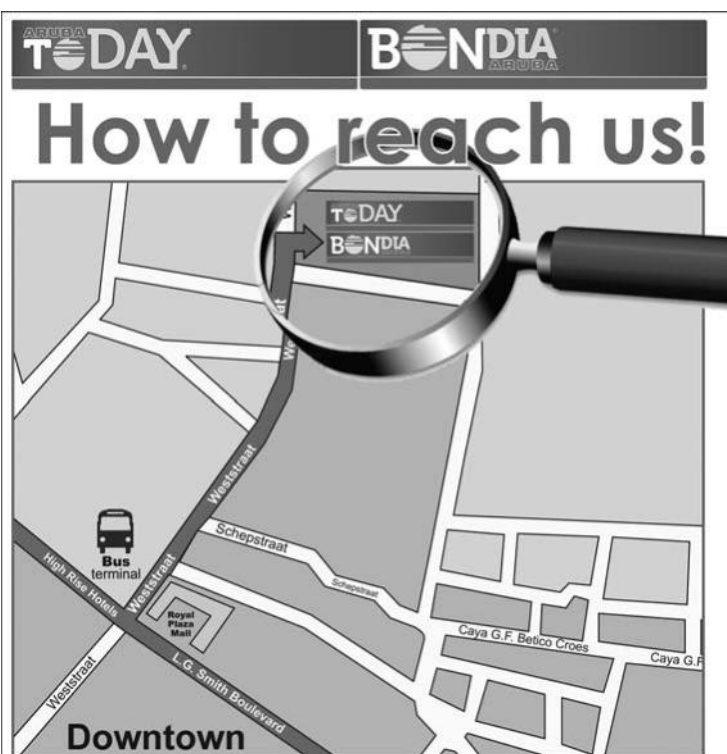
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ARUBA TODAY NEWS



In world first, antimatter taken on test drive at CERN

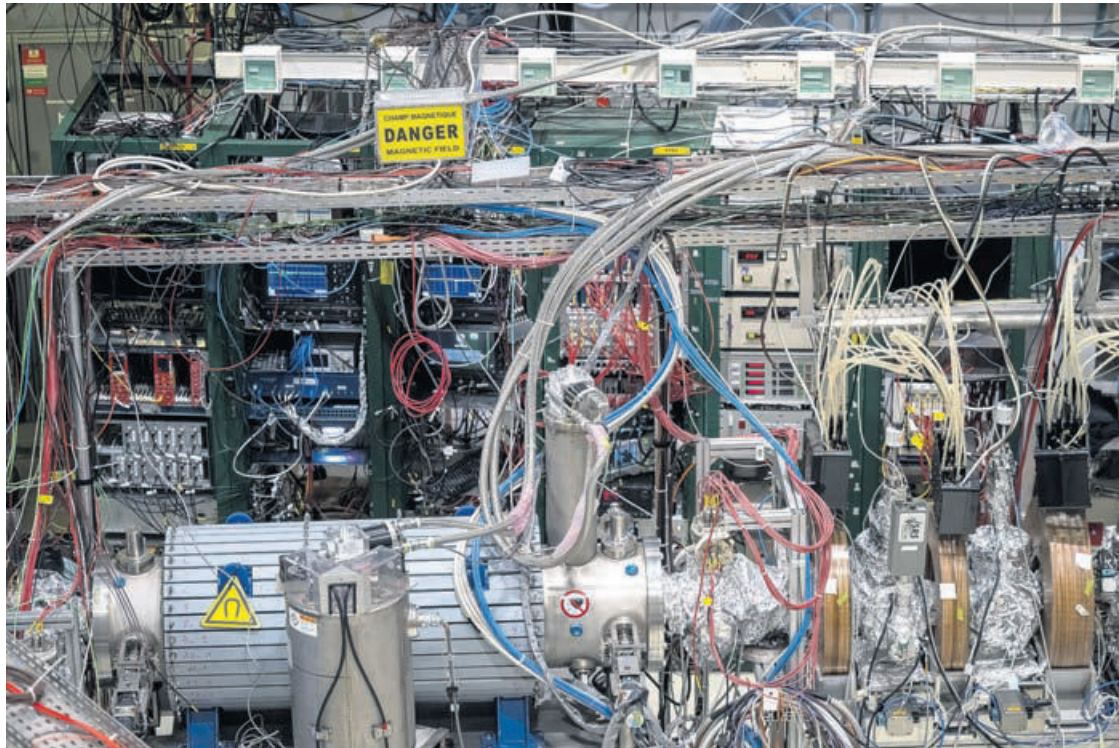
Meyrin, Switzerland

CERN scientists on Tuesday pulled off the unprecedented feat of transporting antiprotons by road, successfully test-driving the world's first antimatter delivery system, with an eye to one day supplying research labs across Europe. "The particles returned... so this was a success," CERN physicist Stefan Ulmer told reporters after the large truck came back from a 10-kilometre drive around the campus of Europe's main physics laboratory. While that might not sound like a big distance, Ulmer, a spokesman for CERN's BASE experiment probing the asymmetry between matter and antimatter in the universe, said it marked the "starting point to a new era".

Visible matter and its mysterious twin antimatter are believed to be almost identical, except their charges and magnetic properties are reversed.

Scientists today still wonder why our universe contains far more matter than antimatter, when the Big Bang should have created an equal amount.

When antimatter comes in contact with matter it annihilates, disappearing in a flash of energetic particles. Moving antimatter particles about is therefore a major challenge one that



A photograph shows an installation inside the CERN's antimatter factory during a successful test drive of the world's first antimatter delivery system, conducted by CERN's BASE-STEP experiment, which transported a cloud of 92 antiprotons by road across the organization's main site using a specially designed portable cryogenic Penning trap device, in Meyrin near Geneva, on March 24, 2026.

has now seemingly been overcome.

- Antimatter factory -

"It's fantastic!" said Francois Butin, the technical coordinator of CERN's so-called antimatter factory the only place in the world where antiprotons can be produced, stored and studied.

"This opens up so many possibilities," he told AFP. The antimatter factory's particle accelerator and decelerator generate fluctuations that impact the

measurements, limiting their precision.

To overcome this problem, scientists have found a way to trap antiprotons inside a special ion trap, allowing them to be transferred to other, quieter facilities where they can be studied with greater precision.

"We want to understand something about the fundamental symmetries of nature, and we know that if we do these experiments outside of this accelerator facility, we can measure 100 to 1,000 times better,"

Ulmer said.

To prepare for the world's first attempt at antimatter transport, a cloud of 92 antiprotons were captured and stored in a portable cryogenic Penning trap. They were cooled to 8.2 Kelvin, or -268 Celsius to slow them down, while a strong vacuum system ensures they do not annihilate by colliding with the residual gas in the trap.

- 'Big success' -

Tensions were running high as dozens of CERN sci-

entists sporting hard hats gathered at the antimatter factory to watch as what looked like a large filing cabinet, containing the 850-kilogramme trap, was gingerly lifted by a giant yellow ceiling crane and transported across the lab. They had practiced these careful manoeuvres previously, but then came the groundbreaking step: loading the giant box onto a flatbed truck, and taking it for a spin.

"The most critical part is on the road, because there you have additional vibrations," Marcus Jankowski, responsible for safety in CERN's experimental physics department, told AFP.

The truck, emblazoned with "Antimatter in Motion" on its sides and flanked by a yellow van and red car with flashing lights, slowly made its way through the CERN campus. Ulmer followed in his car, the whole time keeping an eye on a monitor on his phone indicating the antimatter's vital signs, where the characteristic frequency that antiprotons vibrate at takes the M-shaped form of two peaks. The height of the peaks indicates the number of antiprotons in the trap, he explained, warning that if the shape shifts into a single peak, that would indicate that the antiprotons had annihilated. □

U.N. warns migratory freshwater fish numbers are spiralling

Paris, France

Migratory freshwater fish

populations crucial to river health and sustaining the



A Dourado (C), Golden dorado (Salminus maxillosus -Valenciennes-) is pictured on the Rio da Prata in the Pantanal, a key region along migratory routes in the Americas, in the municipality of Jardim in Mato Grosso do Sul state, Brazil on March 19, 2026.

livelihoods of millions of people are in freefall and risk collapse, a major U.N. assessment warned Tuesday.

Habitat destruction, overfishing and water pollution from the Amazon to the Danube threaten the very survival of hundreds of species whose epic voyages along the world's great rivers go largely unnoticed. Freshwater fish face multiple threats, said the report published at the opening of the COP15 summit on migratory species in Brazil, making them "among the most imperilled vertebrates".

Populations of Mekong gi-

ant catfish, European eel and various sturgeon species are among those that have been decimated in recent decades due to man-made pressures that include the construction of dams and harvest for caviar.

Some including the Chinese paddlefish have already been declared extinct, while others are functionally reliant on captive breeding stock and reintroductions to support wild populations.

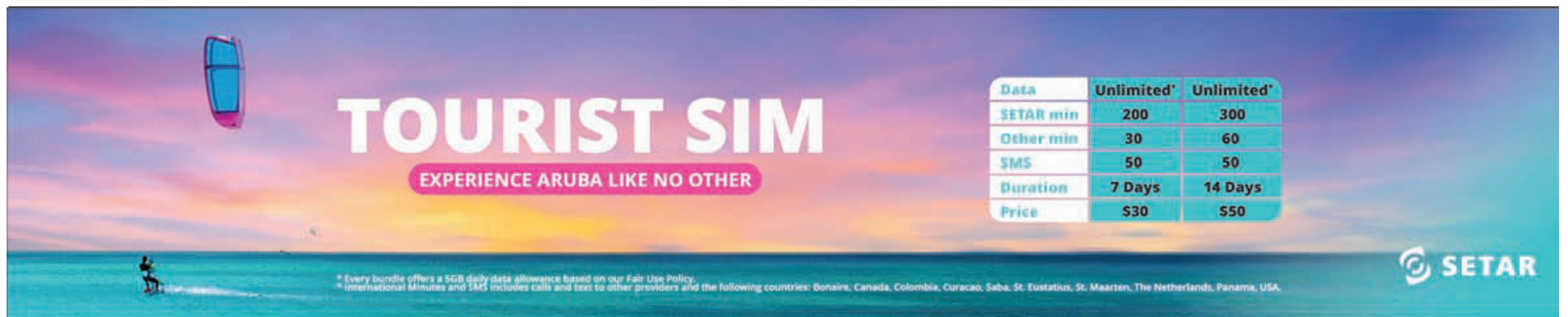
According to conservation group WWF, migratory freshwater fish numbers have plunged some 81

percent since 1970.

These fish a vital protein source for people and animals around the globe require unimpeded passage to move between spawning and feeding grounds, which can span across borders.

This means international cooperation is needed to arrest their decline.

The report, by the Convention on the Conservation of Migratory Species of Wild Animals (CMS), identifies nearly 350 migratory fish species that could benefit from greater protection under the international framework. □



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SETAR

Dodgers eye 'threepeat' as new MLB season welcomes robot umpires

Los Angeles, United States

The Los Angeles Dodgers launch their bid for a World Series hat-trick as Major League Baseball's new season gets under way on Wednesday with "robot umpires" ushering in a new era for America's pastime. Nearly five months after beating the Toronto Blue Jays to clinch back-to-back World Series crowns, the Dodgers have signalled their determination to pull off a "three-peat" by strengthening an already star-studded roster.

The big-spending California giants made two of the splashiest moves of the off-season by luring free agent outfielder Kyle Tucker on a lavish \$240 million deal while also acquiring the talent of hard-throwing closer Edwin Diaz.

Tucker and Diaz will take their places in a line-up that is already one of the most gifted and expensive ever assembled.

Japanese superstar and reigning National League Most Valuable Player



Shohei Ohtani #17 of the Los Angeles Dodgers runs after hitting a double against the Los Angeles Angels in the third inning of play in a spring training game at Dodger Stadium on March 23, 2026 in Los Angeles, California.

Shohei Ohtani leads a batting order that also includes former MVPs Mookie Betts and Freddie Freeman.

The Dodgers pitching is spearheaded by Yoshinobu Yamamoto, the hero of last year's World Series triumph, Blake Snell, Tyler Glasnow and Ohtani, who

is fit to pitch from the opening of the season for the first time since joining the Dodgers in 2023.

- 'Best team we've had' - Manager Dave Roberts believes his 2026 squad could be the strongest Dodgers team he has overseen

since his first season with the franchise in 2016.

"On paper, it could be (the best)," Roberts said. "Looking at the guys in their prime, the experience, the talent, the starters, the pen, the depth of the young players...probably the best team we've had on pa-

per."

Not everyone is as enthused as Roberts.

The Dodgers' willingness to flex their financial muscles has renewed charges that the club is "ruining baseball" by exploiting MLB's absence of a salary cap.

The criticism has prompted speculation that other team owners may push for salary restrictions when the next collective bargaining agreement is negotiated after the 2026 season.

That in turn has prompted fear of a potential strike in 2027, with players unlikely to support any move to reduce the amount clubs pay.

The Dodgers' front office has been indifferent to accusations that they are damaging a sport which has enjoyed a recent boost in popularity after years of steady decline.

"We don't pay much attention to that because we operate within the rules," Dodgers president of baseball operations Andrew Friedman said. □

Pistons halt Lakers streak while Spurs, Thunder win

Los Angeles, United States

Daniss Jenkins scored a career-high 30 points as the Detroit Pistons halted the Los Angeles Lakers' nine-game winning streak with a 113-110 victory on Monday.

A heavyweight showdown between Eastern Conference leaders Detroit and the in-form Lakers did not disappoint, with Los Angeles recovering from a 16-point deficit in the second half to take the game to the wire.

Austin Reaves put the Lakers 110-109 ahead with 30 seconds remaining with a floating jump shot but Jenkins scored Detroit's final four points for a hard-earned win.

Luka Dončić, who finished with 32 points, launched a last-gasp three-point attempt that could have forced overtime, but his effort fell short.

Detroit lined up again without star point guard Cade Cunningham, absent in-

definitely after suffering a collapsed lung.

In Cunningham's absence, Jenkins stepped up to lead the Pistons, while Jalen Duren added 20 points with 11 rebounds and Duncan Robinson 12 points.

"I'm no longer surprised," Pistons coach JB Bickerstaff said of Jenkins.

"When he's gotten the opportunity he's delivered for us.

"Whether it's throughout the game or in clutch mo-



Daniss Jenkins #24 of the Detroit Pistons dribbles the ball against Austin Reaves #15 of the Los Angeles Lakers during the fourth quarter at Little Caesars Arena on March 23, 2026 in Detroit, Michigan.

ments, he finds a way to impact winning. He deserves a lot of credit tonight." The Lakers will wrap up a

six-game road trip against the lowly Indiana Pacers on Wednesday before returning to California. □

Sinner, Sabalenka march on in Miami as more seeds crash out



Jannik Sinner of Italy returns a shot against Corentin Moutet of France during Day 7 of the Miami Open at Hard Rock Stadium on March 23, 2026 in Miami Gardens, Florida.

Miami, United States

Jannik Sinner and Aryna Sabalenka kept their "Sunshine Double" dreams alive with emphatic victories at the ATP/WTB Miami Open on Monday as defending men's champion Jakub Mensik joined a slew of seeds who crashed out.

Sinner and Sabalenka are bidding to join an elite band of players who have won Indian Wells and the Miami Open back-to-back, and arrived in Florida brimming with confidence after their respective victories in the California desert earlier this month.

Women's world number one Sabalenka, defending the Miami title she won for the first time last year, cruised into the quarter-finals with a 6-3, 6-4 demolition of China's 2024 Olympic champion Zheng Qinwen.

Sinner, who is chasing a second victory in Miami after lifting the title in 2024, was similarly comfortable in his third-round clash with French 30th seed Corentin Moutet, winning 6-1, 6-4 to advance to the last 16.

Sabalenka is aiming to become only the fifth woman to complete the Indian Wells-Miami double after Steffi Graf, Kim Clijsters, Victoria Azarenka and Iga Swiatek.

On Monday's form, few would bet against the big-hitting four-time Grand Slam champion from Belarus, who comfortably disposed of 23rd seed Zheng in 1hr 25min.

"She's a tough opponent and I'm super happy with the level I played at today," Sabalenka said in her on-court interview. "I can definitely say that it felt like home."

"I feel like I'm getting better, serving better, getting used to these conditions, which are tricky. But I'm getting more and more comfortable with every match," added Sabalenka, who faces unseeded American Hailey Baptiste in the quarter-finals.

Baptiste was one of three American women to advance to the last eight on Monday.

Fourth seed Coco Gauff downed Romanian veteran Sorana Cirstea 6-4, 3-6, 6-2, while fifth seed Jessica Pegula beat another Romanian, Jacqueline Cristian 6-4, 6-1.

Canada's Victoria Mboko, seeded 10, upset Russian eighth seed Mirra Andreieva 7-6 (7/4), 4-6, 6-0 to set up a quarter-final with Czech 13th seed Karolina Muchova, who strolled past Alexandra Eala of the Philippines 6-0, 6-2.

- Sinner stroll, Mensik falls -

In the men's draw, Italian second seed Sinner was always in control against France's Moutet on the Hard Rock Stadium's main court.

Sinner will face unseeded American Alex Michelsen in the last 16. Michelsen defeated Chile's Alejandro Tabilo 3-6, 6-3, 6-4 earlier Monday.

But while Sinner sailed through, defending champion Jakub Mensik was among the latest crop of seeds to tumble out, losing a gruelling three-setter against 19th seed Frances Tiafoe 7-6 (7/4), 4-6, 7-6 (13/11).

A 2hr 55min slug-fest was decided by a marathon third set tiebreak when Czech 20-year-old Mensik saved six match points before finally succumbing.

U.S. hope Tiafoe, who himself saved two match points in the final tiebreak, sealed victory after converting his seventh match point when a Mensik return of serve drifted wide.

Tiafoe will face France's Terence Atmane in the last 16. Atmane powered into the fourth round with a 6-3, 1-6, 6-3 upset of Canadian seventh seed Felix Auger-Aliassime on Monday. Auger-Aliassime joined a lengthening list of seeds who have stumbled in the early rounds in Miami that includes Indian Wells runner-up Daniil Medvedev, who was shown the door earlier Monday in a 6-0, 4-6, 7-5 loss to Argentina's Francisco Cerundolo. □

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